

Health Policy and Activity in Older People

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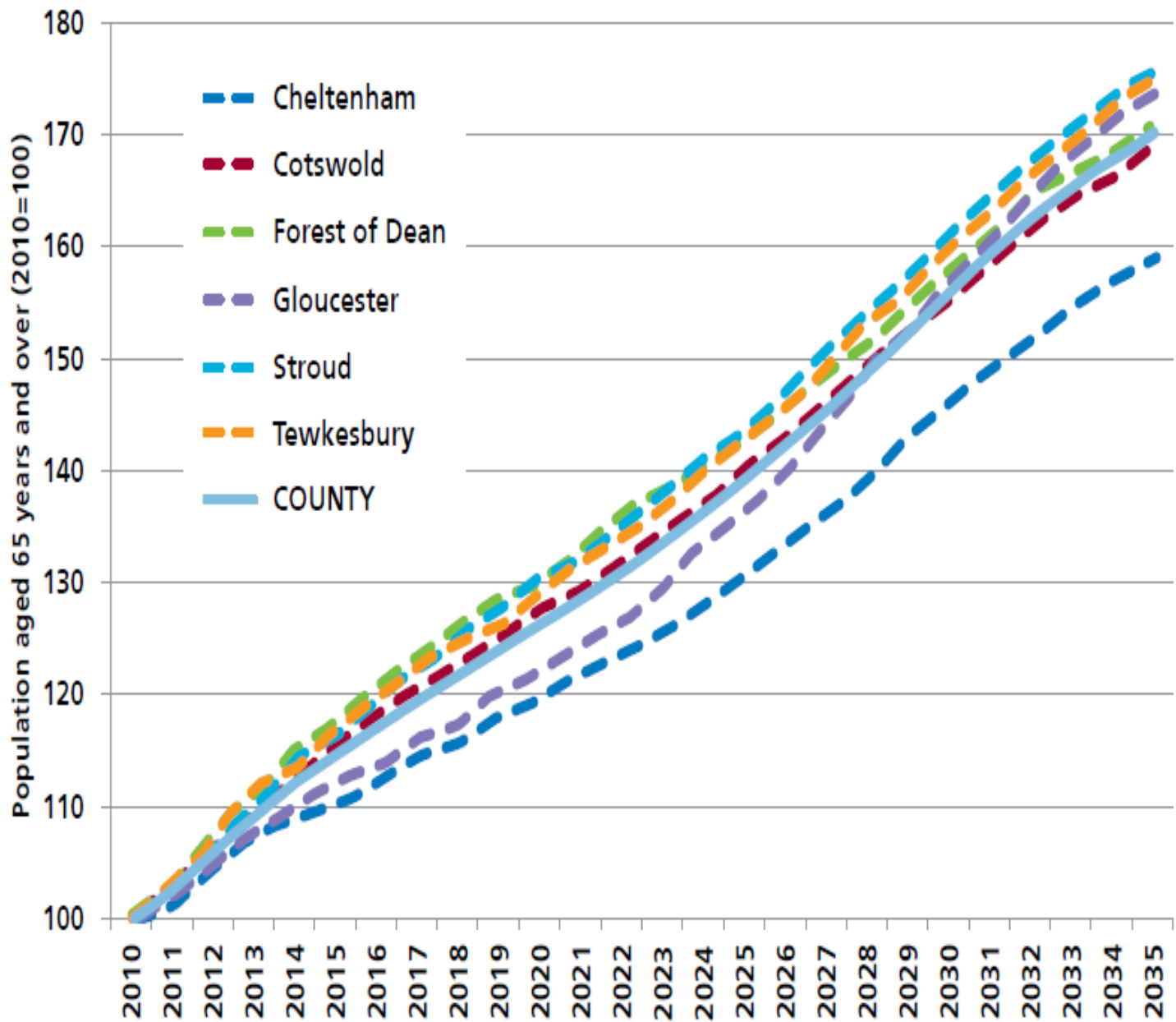
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Dementia - Gloucestershire**

WHY?

- Ageing and growing older population
 - In 1948 when NHS founded, 48% of the population died before 65
 - By 2030, 1 in 5 people in England will be over 65
- Older people will be healthy, happier & independent, but living with
 - Complex co-morbidities, disabilities and frailty
 - Caring longer or more than once
 - Living alone longer

Numbers of people with dementia:

- There are approximately 850,000 people living with dementia in the UK; by 2025: 1 million
- It is estimated that by 2025 in Gloucestershire, there will be 12,000 people living with dementia, costing the local economy an estimated £345 million a year.
- Currently it is estimated 8500 people in Gloucestershire living with dementia; 68% of whom have a diagnosis



HOW.....



- Healthy, active ageing and supporting independence
- Living well with simple or stable long-term conditions
- Living well with complex co-morbidities, dementia and frailty
- Rapid support close to home in times of crisis

Oliver D et al (2014) Making our Health and Care Systems Fit for an Ageing Population. Kings Fund



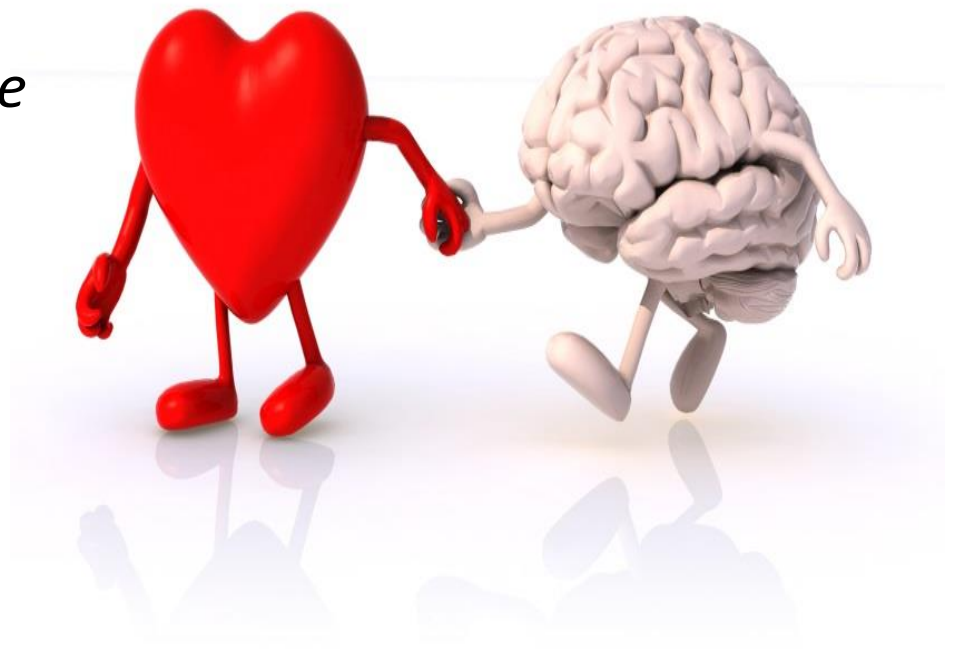
- Good acute hospital care when needed
- Good discharge planning and post-discharge support
- Good rehabilitation and re-ablement after acute illness or injury
- High-quality nursing and residential care for those who need it
- Choice, control and support towards the end of life

Oliver D et al (2014) Making our Health and Care Systems Fit for an Ageing Population. Kings Fund

Healthy Heart Healthy Brain

WHO – half of the burden of disease in over 60s is avoidable through lifestyle changes

- Diet
- Alcohol and smoking
- Exercise
- Social Isolation



WHAT

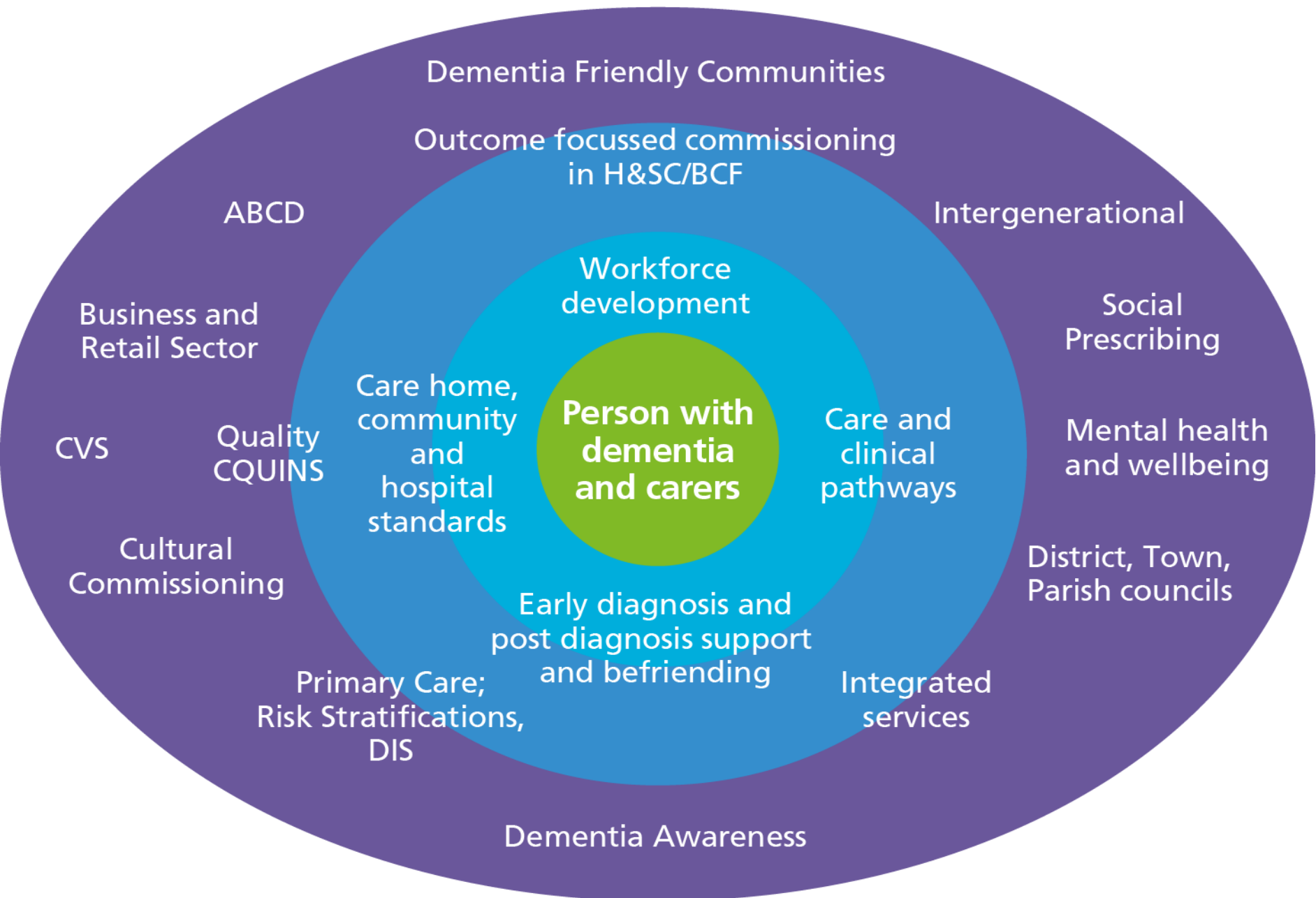


DoH & Gloucestershire Strategy

The Gloucestershire strategy chimes with the Prime Minister's Challenge on Dementia 2020 (DoH 2015). The strategy has 5 themes:

- 1. Dementia is everyone's business**
- 2. People living with dementia are engaged, involved and informed**
- 3. The person living with dementia and their carer/family are the key focus**
- 4. Dementia is a long term condition, ranging from prevention to end of life**
- 5. Ensuring that the county workforce has the right skills and knowledge**

Gloucestershire Dementia Strategy 2015 – Priorities



- A Practical Guide to Healthy Ageing/Caring - Age UK/NHS 2015
- Gentle Walks – Fair Shares Stroud
- Peer Support, befriending and volunteering – Reconnect
- Walking and Chair based activities
- AAI

Nature & Dementia: the evidence; Prevention

- There is evidence that exercise and physical activity such as walking and gardening may have a delaying affect on the onset of dementia
- (Abbott, White, Ross, Masaki, Curb, & Petrovitch, 2004) (Bradley, 2010) (Department of Health, 2011) (Larson, Wang, & Bowen, 2006) (Erickson, 2010) (Fabrigoule, Zarrouk, Commenges, & Barberger-Gateau, 1995).



Dementia is an umbrella term

used to describe a group of symptoms

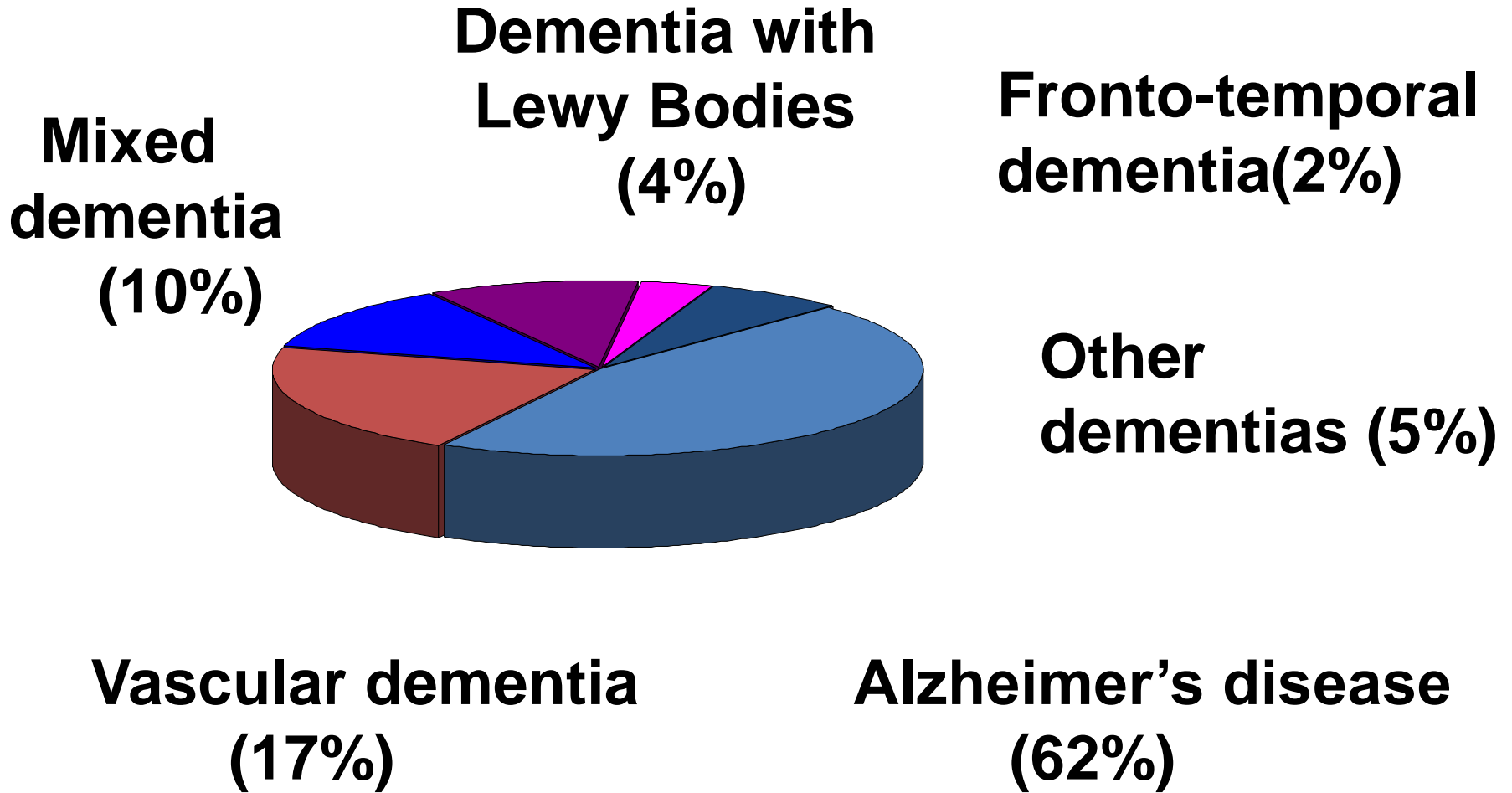
Caused by different diseases which effect the structure & chemistry of the brain =

Brain cells die and don't recover

How dementia progresses will depend on the individual and the type of dementia.....

And what happens for the person during the course of illness

Different Diseases



Risk Factors for dementia

Modifiable risk factors:

- Hypertension
 - Obesity
 - Depression
 - Diabetes
- Physical inactivity
 - Smoking
- Low social contact
- Sleep disordered thinking

'Whilst public health interventions will not prevent or cure all potentially modifiable dementia, intervention for cardiovascular risk factors, mental health and hearing may push back the onset for many people for years'

Professor Gill Livingston

Dementia is not all about memory

Difficulty in
Managing
Emotions

Difficulties
with everyday
tasks

Memory
Difficulties

Planning and
organising
Difficulty

Concentration/
Attention
Difficulties

Orientation
difficulty to
time and
place

Mobility
changes and
taste/chewing
difficulties

Communication
Difficulties

*The **Dementia Training**
& Education Strategy for Gloucestershire*

Nature & Dementia: the evidence; well-being

There is increasing evidence that arts / nature / music / exercise can support people with dementia to improve communication, engagement and well-being.

- Improved sleep
- Improved dietary intake
- Improved activity and exercise levels
- Improved awareness - Multi-sensory engagement and associated joy
- Increased verbal expression
- Improvement in memory

Benefits to Well-Being



The Dementia Training *& Education Strategy for Gloucestershire*

Involving mindSCAPE in our dementia strategy:

- CPD Forum events in the Forest, Gloucester and Stroud
- Sessions for the activity co-ordinators network
- Developing a project resource guide for care homes, family carers and community groups.

CPD Forum 2017

- Artist Rachel Shilston took us on an 'experiential and convivial' foraging exploration around the beautiful grounds of Hawkwood College, Stroud.
- An inspiring morning giving us plenty of easily achievable, inexpensive ideas to work creatively with nature – both inside and out.



Thank You

Questions?

